

### Example Timetable: Seniors (Ages 13-16 years)

#### Week 1 (Ages 13-16)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
07:30 - 08:00			Wake-up	Wake-up	Wake-up		Breakfast	
08:00 - 08:30	Arrivals		Breakfast	Breakfast	Breakfast		Social Day trip	
08:30 - 09:00		Wake-up				Wake-up		
09:00 - 09:30		Breakfast		General Study Science/ English	General Study Science/ English	Assembly		Breakfast
09:30 - 10:00		Welcome & Induction Activities		General Study Science/ English	General Study Science/ English	General Study Science/ English		
10:00 - 10:30				Break	Break	Break		
10:30 - 11:00				Academic Course	Academic Course	General Study Science/ English		
11:00 - 11:30						Lunch		
11:30 - 12:00								
12:00 - 12:30								
12:30 - 13:00		Lunch	Lunch	Lunch				
13:00 - 13:30								
13:30 - 14:00		Induction and Icebreaker Activities		Academic Course	Academic Course			
14:00 - 14:30				Break	Break			
14:30 - 15:00				Activity 1	Activity 1			
15:00 - 15:30				Leisure	Leisure			
15:30 - 17:00								
17:00 - 18:30		Supper	Supper	Supper	Supper	Supper		Supper
18:30 - 19:00	Leisure	Leisure	Leisure	Leisure/ Social	Leisure	Leisure	Leisure	
19:00 - 21:00	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	

#### Week 2 (Ages 13-16)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
07:30 - 08:00	Wake-up	Wake-up	Wake-up	Wake-up	Wake-up		Breakfast	
08:00 - 08:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		Social Day trip	
08:30 - 09:00						Wake-up		
09:00 - 09:30	General Study Science/ English	General Study Science/ English	Assembly	General Study Science/ English	General Study Science/ English	Breakfast		
09:30 - 10:00	General Study Science/ English	General Study Science/ English	Academic Course Trip	General Study Science/ English	General Study Science/ English			
10:00 - 10:30	General Study Science/ English	General Study Science/ English		Academic Course	General Study Science/ English	General Study Science/ English		
10:30 - 11:00	Break	Break		Break	Break	Break		
11:00 - 11:30	Academic Course	Academic Course			Academic Course	Academic Course		
11:30 - 12:00					Lunch	Lunch		
12:00 - 12:30	Lunch	Lunch						
12:30 - 13:00								
13:00 - 13:30	Academic Course	Academic Course		Academic Course	Academic Course			
13:30 - 14:00				Break	Break			
14:00 - 14:30	Activity 1	Activity 1		Activity 2	Activity 2			
14:30 - 15:00	Leisure	Leisure		Leisure	Leisure			
15:00 - 15:30	Supper	Supper	Supper	Supper	Supper			
15:30 - 17:00	Leisure	Leisure/ Social	Boarding Activity	Leisure/ Social	Leisure	Leisure		
17:00 - 18:30	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime		

#### Week 3 (Ages 13-16)

TIME	Monday	Tuesday	Wednesday	Thursday
07:30 - 08:00	Wake-up	Wake-up	Wake-up	Early breakfast
08:00 - 08:30	Breakfast	Breakfast	Breakfast	Departure day
08:30 - 09:00				
09:00 - 09:30	General Study Science/ English	General Study Science/ English	General Study Science/ English	
09:30 - 10:00	General Study Science/ English	General Study Science/ English	General Study Science/ English	
10:00 - 10:30	General Study Science/ English	General Study Science/ English	General Study Science/ English	
10:30 - 11:00	Break	Break	Break	
11:00 - 11:30	Academic Course	Academic Course	General Study Science/ English	
11:30 - 12:00				
12:00 - 12:30	Lunch	Lunch	Lunch	
12:30 - 13:00				
13:00 - 13:30	Academic Course	Academic Course	Awards Ceremony	
13:30 - 14:00				
14:00 - 14:30	Break	Break		
14:30 - 15:00	Activity 2	Activity 2	Break	
15:00 - 15:30	Leisure	Leisure	Packing Time	
15:30 - 17:00	Supper	Supper	Dinner & Disco	
17:00 - 18:30	Leisure	Leisure/ Social		
18:30 - 19:00				
19:00 - 21:00				
21:00 - 22:00				

This is an example timetable for 2025. Timetables may be subject change.